

PROFESSIONAL DISCLOSURE STATEMENT
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"The curious paradox is that when I accept myself just as I am, then I can change." Carl Rogers

My qualifications:

I am a National Certified Counselor graduated from the Counseling and Educational Development (CED) master program at the University of North Carolina at Greensboro (UNC-G). I have a Master of Science and Education degree. I hold a Bachelor of Art (B.A.) degree in Psychology from UNC-G as well as a B.A. degree in Education and Student Orientation from a renowned university in Brazil. I have experience in counseling in community mental health services, multicultural school settings and private non-profit organizations. Additionally I have experience in directly counseling individuals, couples, and families. I am a certified Mindfulness-Based Stress Reduction (MBSR®) teacher from Brown University Center for Mindfulness. I am a certified Koru Mindfulness® teacher from Duke University Koru Center for Mindfulness. I also have an extensive training in Emotional Focused Therapy (EFT) for individuals, couples, and families.

Counseling Background:

My special interests include individual counseling, couples counseling and family counseling. I work with relationship concerns, parenting concerns, women's issues, developmental transitions, adjustment disorders, depression, anxiety, spirituality, career issues, intimacy, attachment, and self-esteem difficulties. As a practitioner of mindfulness meditation, I believe that by getting in contact with our feelings and our body can be an important resource in the coping process. Therefore, if I perceive that is appropriated, I may suggest some meditation and relaxation practices, which you have the freedom to decline. Counseling is a partnership where both the counselor and the client walk together through the client's life changes, challenges, and difficulties. I believe that we become more aware that change is possible when we learn more about who we are. Therefore, happiness and fulfillment in life could be achieved by having a better understanding of where we are today and by learning to use the internal and external resources available. I am an advocate of the humanistic approach. My general counseling approach is Person Centered Therapy and Emotionally Focused Therapy. However, I have a great interest and draw many techniques from other theoretical approaches. I am also certified from the Center for Mindfulness at Brown University to work with Mindfulness Based Stress Reduction (MBSR) interventions. I am certified by the Heart-Math institute and credentialed to use the Heart-Math interventions and technology.

I would like to stress that our relationship is professional; therefore I ask that you refrain from engaging with me through social media or events outside our private sessions. As a result, I

will treat you anonymously in public places unless you initiate interaction. During our sessions we may be talking about events and situations that may be uncomfortable for you. You might experience difficult feelings, including sadness, anger, anxiety or frustration. Please note that it is common to feel worse at the beginning of treatment. For this reason, it is important to discuss your feelings and sensations whenever appropriate. I may ask you to do some work outside of our session, which may include journaling, practicing techniques, readings, or any other practice that has been tested in psychological research with support of its efficacy.

Session Fees and Length of Service:

The fee for counseling is \$150 for an initial 1:00 hour session, \$140 for a standard 53-minute session for subsequent individual or family counseling, \$65 per session for group counseling, and \$65 per session for DSS or court-referred education sessions. I accept payments in cash, check, credit card, and bank transferring. At Rossana Counseling® we also accept Blue Cross and Blue Shield of North Carolina and United HealthCare as health insurance. At Family Solutions® we will also bill health insurance companies for services. Clients are responsible for paying the fees at time of services, in advance of each session. You are responsible for coming to all appointments. If you need to reschedule an appointment, please do so 24 hours in advance. If you fail to come to an appointment and do not notify at least 24 hours in advance, a fee will be charged and an invoice will be sent to your mailing address. Our meetings are limited to the time we have scheduled. If you need any emergency attention, please report to the emergency room of a local hospital. Yet, if you feel like contacting me over the phone or using email, please leave a message and I will return at my earliest convenience.

Use of Diagnosis:

Some health insurance companies will reimburse clients for counseling services and some will not. In addition, most will require a diagnosis of a mental-health condition before agreeing to reimburse. Some conditions for which people seek counseling do not qualify for reimbursement. If a qualifying diagnosis is appropriate in your case, I will inform you of the diagnosis in order for you to submit the diagnosis to the health insurance company, if you wish. Any diagnosis made will become part of your permanent insurance records.

Records & Confidentiality:

Records of our sessions will be kept and are accessible upon your request, unless doing so would be considered psychologically harmful. I will keep strict confidentiality of anything we discuss during our session, with the following exceptions: (a) it is determined that you are in danger of hurting yourself or someone else, (b) you direct me in writing to share information, (c) I receive a court order to disclosure information, (d) suspicion of child and/or elder abuse or the abuse of an equally vulnerable individual, (e) limited confidentiality due to your being a minor at the time of counseling, (f) collaborating with a supervisor in order to promote optimal care. During couples and marriage counseling all information shared in the session belong to all three of us. If you decide to share any information in the absence of the other party, be aware that during our next session the information will be shared.

Technology Policy

In order to keep our focus and undivided attention on the counseling process please turn off all electronic equipment, including cell phones. If you have a particular need to keep your cell phone on vibrate mode, please let me know.

Referrals, Complaints, & Informed Consent

In the case you are not satisfied with my services please let me know immediately, so that we might work together to resolve the issue. If I am unable to resolve your complaints I will refer you to another professional, if you wish. If you do not feel that your concern was addressed accordingly you could file a complaint with the organization below should you feel I am in violation of any of terms of the ACA Code of Ethics. (www.counseling.org/Resources/aca-code-of-ethics.pdf).

North Carolina Board of Licensed Professional Counselors

P.O. Box 77819

Greensboro, NC 27417

Phone: 844-622-3572 or 336-217-6007

Fax: 336-217-9450

E-mail: Complaints@ncblpc.org

Acceptance of Terms

I / We agree to these terms and will abide by these guidelines.

Client: _____ Date: _____

Client: _____ Date: _____

Client: _____ Date: _____

Client: _____ Date: _____

Counselor: _____ Date: _____

Client's best phone number: _____

Client's best e-mail address: _____

Client's mailing address: _____